

NOVEMBER 1995

P A R K



B E L L

## **S.F. DEPARTMENT OF PARKING AND TRAFFIC REPRESENTATIVE TO DISCUSS ONE WAY STREET PROPOSAL FOR SMP, TUESDAY, NOVEMBER 14TH.**

The next SMPIC meeting will be on *Tuesday, November 14th at 7:30 p.m.* in the St. Mary's Park Recreation Center, Murray and Justin. Per the last SMPIC meeting, a Parking Committee was formed to further investigate the options for traffic control in our neighborhood. Kimberly Overton, a representative from the San Francisco Department of Parking and Traffic (DPT) will be present at the November 14th meeting to discuss parking and traffic concerns including stop signs and one way streets for SMP.

Over the last two weeks, several streets within the neighborhood have been monitored for traffic volume and speed by equipment from the DPT. The new data will be compared with previous studies on file with the department. The new studies should reveal which streets have had the most changes in traffic flow and speed.

All members of SMP are encouraged to attend this meeting and exchange views with the DPT and fellow residents.

### **THANKSGIVING FOOD BANK DRIVE**

During our November SMPIC meeting, we will be collecting food items for the local food bank. We ask that members bring canned or boxed, nonperishable food items to help make Thanksgiving a little brighter for those less fortunate. A Collection box will be placed inside the entrance door to the auditorium. The proceeds from this collection will be given to the local parish, St. John the Evangelist, in conjunction with the local chapter of St. Vincent de Paul Society. Thank you in advance for your support.

### **CONGRATULATIONS HALLOWEEN JACK-O-LANTERN WINNERS**

The night of October 30th was ablaze with the flickering of many candles. All across the neighborhood, images of haunting faces and ghoulish grins bedecked the steps and sidewalks of SMP for the Jack-O-Lantern contest. This years prizes went to four talented contestants. The first prize award for \$20 to Blockbuster Video went to 10 year old Tony Sargenti of 25 Benton, for his intricately carved "Mr. Lips" pumpkin. Second place award of \$10 to Blockbuster Video went to Joshua MacDonald of 236 Murray for his entry of "Pirate Face". Third place award was a tie for \$5 each to 11 year old Robert Lazzaretto of 321 College, for his "Halloween Scene" and 5 year old Max Waterstone of 40 Genebern for his glowing cut-out of "Frankenstein". Congratulations winners and a special thanks to all participants of this years Jack-O-Lantern contest!

### **ACCEPTING NOMINATIONS FOR 1996 SMPIC OFFICERS**

A Nomination Committee will be assembled during the November meeting to register candidates for the 1996 SMPIC offices. We already have candidates for Treasurer, Jewel Walli, and for Sergeant at Arms, Graham Beaumont. Offices of President, Vice President, Secretary and Park Bell Editor are available. All Interested persons should attend the November meeting for further details.

#### **SMPIC OFFICERS**

President	Bill Fossett 334-7133
Treasurer	Jewel Walli
Secretary	Mary Maler
Sergeant at Arms	Graham Beaumont
Exec. Committee	Guido Guinasso
Lawn Crew	Jeffrey Milla
Sunshine Lady	Marie Guinasso
Refreshments	Dennis Billingsley
	Karen Benavides
Park Bell Editor	Bill Fossett
Past President	Herb Smith

#### **CRIME WATCH - OCTOBER 1995**

##### **GARBAGE DISPOSAL FRAUD**

Apparently a garbage disposal scam has been active within SMP and neighboring communities. Person(s) posing as gardeners with garbage disposal services have been petitioning residents of local communities to remove and dispose of gardening and waste material for bargain prices. The garbage and the money is collected, but the garbage is then discarded on the street or yard of a fellow neighbor. A local resident notified the police and an arrest was reportedly made. However, a few days later, the same individual was spotted using the same scam in Glen Park. *Be aware.*

The Ingleside Police Department reports for the month of October a purse snatching on Agnon and Crescent as well as a battery assault on upper Justin. There were also two reports of malicious mischief (broken windows) and a stolen car on the 300 block of College. With the decline of daylight hours, as well as the approach of the holiday season, everyone is asked to be *especially observant.*

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**It's not a diet. Diets don't work. So, what is it?  
Why do you need it? And, why are we so excited?  
If you're skeptical about weight loss programs,  
good for you. I was, too, but don't give up  
until you read this.**

---



"Say big mama,  
what's shakin'?"

Can you believe  
it? I used to wear  
a size 18! Now, I'm  
40 lbs. lighter, and  
a size 12 petite! I  
feel great.

**My personal advice to anyone  
unhappy with their weight.**

**M**y battle with my weight began in my late 20's. I was 5'4", 102 lbs. and thought I'd always be that way. My husband, Mike, and I loved eating out and sampled every restaurant in San Francisco we could. I quickly went from someone who "ate to live" to someone who "lived to eat."

The first year I gained 15 pounds. Mike gained right along with me. Nineteen years later, I'd gained 76 lbs. and faced the grim probability of soon being over 200 lbs.

Now, I don't believe in fad diets. The only diets I tried were recommended by my doctor. I cut the skin off the chicken, seldom ate red meat, cut back fats, calories etc. Unfortunately, I never lost much. Worse yet, I felt weak and tired. I gained back what little I lost, plus more. After years of trying, I was frustrated, felt unattractive, and thought of myself as a failure.

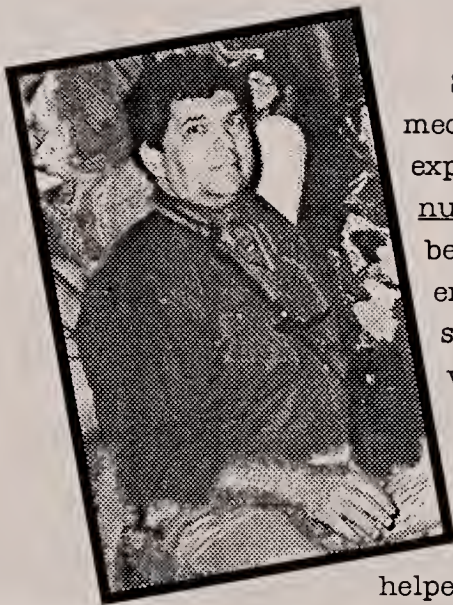
But, something happened to change that. This year, Mike and I lost more than 115 pounds. Mike lowered his cholesterol more than 100 points. I've controlled my blood sugar. Our allergies improved. We've been sick less than ever before. We've saved hundreds of dollars on medications. All because of one surprising discovery.

Frankly, when we first heard about this herbal program I thought it was total nonsense. Wow, were we ever surprised! We both lost weight, had more energy, and felt great from the very first day! I wondered why...



-more-





"Pass the yakitori, please"

Here I am in June 1994 looking like a sumo wrestler. Now, I'm 75 pounds lighter! With a combined weight loss of 115 lbs., Lois and I have lost a whole person!

So, I began to read books by scientists on the cutting edge of medical and nutritional research. While I'm not a scientist or an expert myself, I've discovered there's a revolution in health and nutrition going on -- and everybody who wants to lose weight and be healthier needs to know about it. If you haven't already discovered it, browse your local bookstore in the health and nutrition section and notice how many new books on herbs, nutrition and vitamin supplementation are written by M.D.'s and Ph.D.'s in nutritional science and biochemistry from leading universities and research institutions. Research is proving just how plants, herbs, vitamins, minerals, and good nutrition can improve health, prevent disease and control weight. The program that helped us uses the latest research and provides what you need to successfully lose weight now, and keep it controlled, forever.

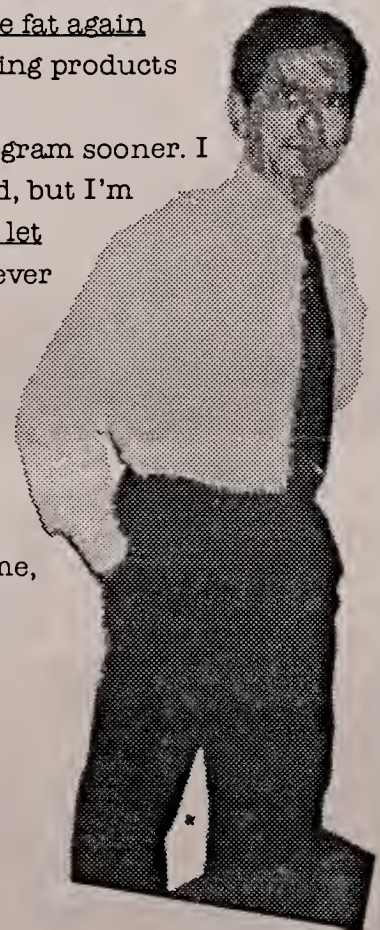
It's been amazing for me. I've not only turned my weight problems around, but I'm more energetic and alive every single day. As one of my clients recently directed me, "You've got to tell people how good this program makes you feel."

If I'd let my skepticism keep me from giving this program a sincere chance, I'd have missed out on something truly life changing. Best of all, I know I'll never be fat again because I'll always have these outstanding products

to help me.

My only regret is that someone didn't tell me about this program sooner. I know the years I spent unhappy with myself can never be regained, but I'm thankful I'll never face that painful experience again. Please don't let your skepticism deprive you of the only weight loss program that ever worked for us. It's not only absolutely safe, the benefits of superb, balanced nutrition to build your body's natural ability to prevent and fight disease are powerful tools in building lifelong health. Decide to be good to yourself and get control of your weight right now. If Mike and I can find our way out of our weight problems, so can you. We'll help anyone who's serious reach their goals with the products, support and facts to succeed. If you're serious, call me, at 415-337-1107

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